

BREASTFEEDING Connections

Summer 2023

Bedsharing and Breastfeeding

Academy of Breastfeeding Medicine (ABM) Parent Handout

The ABM produced a patient handout to supplement “Bedsharing and Breastfeeding: The Academy of Breastfeeding Medicine Protocol #6, Revision 2019”. Staff can download the handout here [Bedsharing and Breastfeeding | Breastfeeding Medicine \(liebertpub.com\)](https://www.liebertpub.com/abm/bedsharing-and-breastfeeding).

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Bedsharing and Breastfeeding

Bedsharing is very common and often unplanned. Parents may bedshare because babies feed frequently at night.

The information in this handout is intended for breastfeeding mothers. Bedsharing may be risky if your baby has never been fed at the breast.

Feed your baby at night in a safe bed rather than on a sofa, chair, or recliner.



Make your bed safe:

- Use a firm, flat mattress.
- Move your bed away from any wall.
- Make sure there are no small spaces around the edge of your bed where your baby could become trapped.
- Do not attach a guardrail to an adult bed.
- Place your baby on their back at the level of your breast. Do not put your baby next to your face or on a pillow.
- Remove heavy blankets, extra pillows, and cords dangling near the bed.
- Do not allow sheets or blankets to cover your baby's face or head.
- Consider putting your mattress on the floor.

These safety guidelines are very important:

- No one should sleep with your baby on a sofa, recliner, or chair.
- No one who has recently used alcohol or drugs should sleep with your baby.
- No one who has recently taken medication that makes them sleepy should sleep with your baby.
- No one who smokes should sleep with your baby.
- No one should sleep with a baby who was born premature or with a low birthweight.
- No one should leave a baby alone on an adult bed.

Be safe when not bedsharing:

- Place your baby on their back to sleep.
- Keep your baby in your room near your bed.
- Consider using a bassinet or infant bed that attaches to your bed ("co-sleeper" or "sidecar").
- Put your baby in a clear flat space after feeding.
- Do not put your baby in a cushioned "nest" or "pod."

A co-sleeper (sidecar) is an alternative to bedsharing



ACADEMY OF
**Breastfeeding
Medicine®**

This information is a general guide to discuss with your health care professional. It may not apply to your family or situation.

This newsletter is intended to be viewed online in order to access the hyperlinks. In addition to receiving it via email, you can access the electronic version on our [website](#).

This newsletter is prepared for Michigan WIC Staff to help them support breastfeeding families.



The Volume of Breast Milk Intake in Infants and Young Children: A Systematic Review and Meta-Analysis

Published March 15, 2023 in Breastfeeding Medicine

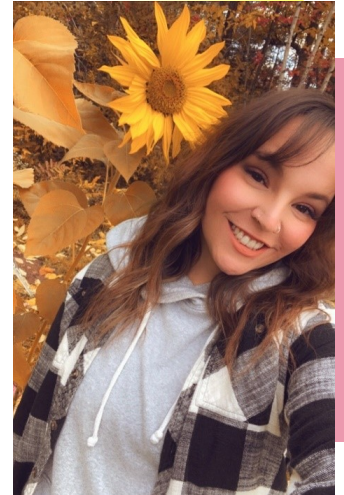
Breastfeeding Medicine published a study to provide breast milk intake estimates for infants and children from 0 to 3 years old. They found a total of 167 studies. Breast milk intake was influenced by infant age, infant body weight, and breastfeeding practices. When restricting to studies involving healthy term infants exclusively breastfed up to 6 months, breast milk intake was 624 mL (20.8 ounces) per day and 135 mL/kg per day at 1 month, 735 mL per day at 3 months, 729 mL per day at 6 months and 592 mL per day at 12 months. This study updates the 1998 WHO breast milk estimates and is the most up-to-date and comprehensive systematic review on the topic.

We know that most parents stop breastfeeding and chestfeeding because they think they are not making enough milk. This study might allow parents to have a more realistic goal for the amount of milk they can expect their infants to drink.

Table 3. Mean Breast Milk Intake (95% Confidence Interval) from 1 to 24 Months of Age from Meta-Regression with Key Studies ^a		
Age (months)	Daily breast milk intake (mL/day)	Daily breast milk intake per body weight (mL/kg per day)
1	624 (605–642)	135 (129–141)
2	705 (690–721)	132 (127–136)
3	735 (719–750)	126 (122–131)
4	743 (728–758)	120 (116–124)
5	740 (724–755)	114 (110–118)
6	729 (713–745)	107 (102–111)
7	713 (697–730)	99 (95–104)
8	694 (676–711)	92 (87–97)
9	671 (652–691)	84 (79–90)

Magali Rios-Leyvraz and Qisi Yao. The Volume of Breast Milk Intake in Infants and Young Children: A Systematic Review and Meta-Analysis. Breastfeeding Medicine. Mar 2023. 188–197. <http://doi.org/10.1089/bfm.2022.0281>

Boozhoo everyone! My English name is Miranda Mukka. I am Bear Clan and part of the Ojibwe Nation. I reside in the Upper Peninsula of Michigan, along the shore of Lake Superior in Baraga. I currently work at our local Tribal Health Department, the Keweenaw Bay Indian Community Health System. I have been the Breastfeeding Peer Counselor here for more than two years now. It has been an honor to serve my community and to be able to love my job feels like a huge accomplishment. If it wasn't for my two boys, I wouldn't be sitting here, writing this for you today.



My journey into motherhood started when I was only 20 years old. We underwent many breastfeeding obstacles during those first few months. It began with an extremely painful oversupply, and there was one challenge after another. Despite being young and not having much knowledge about breastfeeding, I was able to breastfeed my son exclusively for nearly nine months.

When I became pregnant the second time around, I was nervous about being a mom to two, but I was determined to have a better birth and breastfeeding outcome. Prior to my son's birth, I attended teachings surrounding traditional birth practices. Despite being an Anishinaabe woman and growing up in my tribal community, I still lacked a lot of "Kwe (woman) Knowledge" and I was eager to learn. Taking the time to learn about traditional foods and traditional postpartum care benefited me and my baby greatly. By the time he was born, I had more breastfeeding knowledge under my belt and felt much more confident in my abilities to feed my baby. I was fortunate enough to breastfeed him until toddlerhood.

My passion for breastfeeding and birth-work really flourished after the birth of my second son. He was born only two weeks prior to the beginning of the COVID pandemic and by that summer of 2020, I began taking Doula Certificate Trainings and Breastfeeding Counseling Training. I ordered all the books and was so excited to start this journey. By the end of fall, I landed my current job as the Breastfeeding Peer Counselor.

Working in the community and helping moms learn to navigate pregnancy, childbirth and breastfeeding has been an honor. I have learned a lot in these past two years, and I plan to serve the community for many more years to come. Native children are breastfed at a much lower rate than the U.S. average. The ongoing effects of historical trauma and structural barriers to accessing support and proper education have affected breastfeeding rates. It goes beyond a job; it is my passion to educate parents on lactation and navigate motherhood. I pray that my work will help heal generations to come. Miigwech.



Karsten Varecha
(Western UP Peer)

Western UP in the News

A recent article in the [The Daily Mining Gazette](#) featured one of our very own Breastfeeding Peers, Karsten Varecha. Karsten is employed with the Western UP Health Department's WIC Program.

The article appeared as a tribute to Mother's Day. In the interview, Karsten discusses how much she supports her clients and how vital the breastfeeding peer role is. We are proud of Karsten for her awesome work and how the WIC Breastfeeding Peer Counselor Program was highlighted in the article. Way to go Karsten! Please check out the full article in the link above.



Intercare Client Shares Warm Thoughts



Kelly Rutz
(Intercare Peer)

Kelly Rutz, a long-term peer with Intercare recently received a compliment from one of her Grand Haven clients:

"Thank you! And I really appreciate you always checking in on me. A friend of mine is actually pregnant right now and she recently came in and got signed up with you guys and I told her how awesome you guys were and how you constantly check on me through breastfeeding and stuff and that you guys are a great support system!"

Intercare's WIC Coordinator, Kali Jones went on to explain the following about Kelly and her dedication.

"Their clinic has really been hit hard lately with staffing issues and Kelly has been so wonderful - maintaining a positive attitude and continuing to help out wherever needed. We are so grateful for Kelly's dedication!"

Thank you Kelly for going the extra mile!

Dear Winnie,

How can I help a client who is hesitant to nurse in public due to fear of being called out or embarrassed?

Signed, Marvelous Peer Counselor

Dear Marvelous PC,

This is an excellent question, especially as the season of cook-outs and days at the park approach! After all, a hungry baby waits for no one! You may even recall your own fear and anxiety when you needed to nurse your baby on-the-go. The unfortunate reality is that breastfeeding in public is viewed more negatively than bottle feeding. Plus, shame and criticism may not only come from strangers, but also their loved ones. Let's focus on boosting their confidence in their own ability and right to nurse their baby anytime, anywhere.

Set the tone of the discussion:

- Stay positive and assure your client that they can do this!
- Being a controversial topic, approach the discussion with care. Use your CCS skills to explore your client's thoughts and together, create a game plan they are comfortable with.

Affirm your client's feelings with statements such as:

- "I hear you! I remember going to the grocery store with my baby and worrying that she would get hungry during our trip. You are not alone."

Use probing questions, such as:

- "Have you thought about ways you would be most comfortable feeding your baby outside of your home?"
- "Did you know that there are laws protecting breastfeeding parents who need to nurse in public?"

Then, ask permission to share information:

- "Many parents have created their own ways of handling criticism for nursing in public. Would it be alright if I shared some of these tips with you?"
- "I'd be happy to share information on your right to nurse in public if you are interested!"

Resources:

- Michigan Breastfeeding Network: Anytime, Anywhere [Tools](#)
- USDA WIC Breastfeeding Support: [Breastfeeding with Confidence](#)
- KellyMom: [Breastfeeding in Public](#)

Keep in mind, your client's decision moving forward may very well boil down to personal comfort. Know that no matter what, your support has earned you their respect and trust. Keep moving mountains, one client at a time!

*Your breastfeeding partner,
Winnie*

In recognition of Winnie's contributions to the Peer Counselor Program from 2001-2021, we are continuing the "Dear Winnie" column in her name. Written by Kristina Doyle.

DIVERSITY, EQUITY AND INCLUSION NEWS

The National WIC Association provided a recent sub-grant opportunity to several local agency WIC staff across the United States. It is called the AHEAD 2.0: Strengthening and Diversifying the WIC Workforce (IBCLC) Sub-Grant. 10 of our local agency WIC staff in Michigan were granted funding through NWA to assist in their pursuits of the IBCLC credential. Those individuals are the following:

- Briana Bellon (Saginaw County)
- Kamisha Higgins (Macomb County)
- Jessica Lakie (Tuscola County)
- Lakora White (Detroit Health Department)
- Latrina Harris (Oakland Livingston Human Services Agency)
- Amanda Mulka (District Health Department #4)
- Brittany Roberts (Intercare)
- Colleen Unsal (District Health Department #10)
- Mary Webber (Kent County)

Congratulations to all for being selected and in their future endeavors as they prepare for and take the IBCLC exam. Thank you to NWA for assisting in diversifying the IBCLC workforce within our urban and rural communities!



The WIC Breastfeeding Supporters of Color Network is a group created to support people of color working within the breastfeeding space. WIC breastfeeding staff who identify as people of color are encouraged to attend the monthly meetings.

The group recently had a chance to meet up at the 2023 Annual WIC Conference (pictured below).

For more information about the group, please contact Dionne Moore-Smith at MooreSmithD@michigan.gov.



Pictured left to right:
Myra Lee Fowler
Janiece Tucker and baby
Samirah Muhsin
Sherin Palanjan
Diane Ewell
Teresa McCarty
Dionne Moore-Smith
Farrah Barnes
Mariah Cochran
Duaa Cannon
Keva Williams
Tiffany Brickey
Lakora White

2023 ANNUAL WIC CONFERENCE

Our Annual WIC Conference featured some outstanding speakers from amongst our own State WIC trainers, Christine Stangle and Raeanne Madison. They are on our Breastfeeding Basics Training team and lead/assist with the new L.O.V.E. in the Margin DEI training. Raeanne and Christine presented the following Breastfeeding Sessions:

- ⇒ Latch Support: Tools and Techniques to Help Clients Establish an Effective Latch, both Christine and Raeanne provided an engaging hands-on opportunity for session participants.
- ⇒ The Golden Hour and Beyond: Lactation Care and Postpartum Healing was presented by Raeanne Madison and offered a cultural look into supporting clients during the postpartum period. Beautiful storytelling by Raeanne focused on Indigenous postpartum practices.



Christine Stangle
Statewide WIC Breastfeeding Trainer



Raeanne Madison (left) pictured with Khadijatou Jammeh,
Detroit Urban League Peer (right)

2023 TRAINING OPPORTUNITIES

Date	Time	Organization	Title and Link
July			
July 7	10:30 a.m. - 11:45 p.m. Live webinar recording available for 1 week after	USLCA (United States Lactation Consultant Association)	Breastfeeding Talk "Making the Case" (uslca.org) Angie Whatley RN, IBCLC, CLD, CCE
July 9	7:00 p.m. - 8:15 p.m. CST webinar	IABLE	Clinical Case Discussion Webinar: A Case of a Lactating Parent with Persistent Nipple Discomfort Due to Dermatitis Anne Eglash MD, IBCLC, FABM Karen Bodnar MD, IBCLC, FAAP, FABM
July 18	9:00 a.m. - 11:00 a.m. webinar	MAHEC (Mountain Area Health Education Center)	WIC Designated Breastfeeding Expert Quarterly Update: Helping a Patient Select a Breast Pump Georganna Cogburn MS, RD, LDN, IBCLC, RLC Brandi A. Harrison BS, IBCLC. CNA
July 18	1:00 p.m. - 2:00 p.m. Live webinar recording available for 1 week after	USLCA (United States Lactation Consultant Association)	Common Infant Digestive Health Concerns and Useful Support Strategies (uslca.org) Melissa Cole, MS, IBCLC
July 19	12:00 p.m. - 1:00 p.m. CST webinar	IABLE	Unlocking the Mysteries of Human Lactation: Mighty Milk: The (complicated) impact of breastfeeding on cardiometabolic health Meghan Azad PhD
July 19	1:00 p.m. - 2:00 p.m. webinar	Medela	Black Women Do Breastfeed Beyond a Year: Listening To Their Stories Diane Spatz, Ph.D., Rn-BC, FAAN
July 26 - July 28	In-person Detroit, Michigan	Black Mothers' Breastfeeding Association	The 2023 Motown Experience: Birth and Breastfeeding Conference

2023 TRAINING OPPORTUNITIES

Date	Time	Organization	Title and Link
August			
August 1	1:00 p.m. EST	Gold Learning	Lactation and Employment: How to Make Breastfeeding WORK
August 11	10:00 a.m. - 12:00 p.m. PST Webinar	San Diego County Breastfeeding Coalition	How The Nooni Project Helps Reclaim Breastfeeding in Indigenous Communities Angie Sanchez PhD
August 15-16	In-person The Henry Center East Lansing, Michigan	Michigan WIC	Advanced Clinical Lactation Skills
August 17	12:00 p.m. - 2:00 p.m. PST webinar	San Diego County Breastfeeding Coalition	Culturally-Based Engagement & Support for Native Hawaiian & Pacific Islander Families Amber Granite + additional TBA
September			
September 6-8	In-person Portland Oregon Virtual - Webinar	IABLE	Hot Topics in Breastfeeding Medicine Conference
September 11-12	Live webinar with 8 weeks of access.	Gold Learning	Tongue-Tie Symposium 2023 (goldlearning.com)
September 12	In-person Calvin University Grand Rapids, Michigan	Michigan WIC	Breastfeeding Peer Update
September 20	1:00 p.m. - 2:00 p.m. webinar	Medela	Breastfeeding Impact on Infant Mortality Jenny Thomas, MD, MPH, IBCLC, FAAP, FABM
September 20 -21	9:00 a.m. - 4:00 p.m. In-person Gaylord, Michigan	Michigan WIC	Breastfeeding Basics

2023 TRAINING OPPORTUNITIES

ARCHIVED WEBINARS

MAHEC (Mountain Area Health Education Center)

[The Mastitis Spectrum: Applying the Academy of Breastfeeding Medicine Clinical Protocol #36 to Clinical Practice](#)

Evan Richardson, RN, MSM, CNM

MAHEC (Mountain Area Health Education Center)

[The Feeding Journey of an Infant with Oral Restrictions](#)

Jill Johnston, OTD

Michigan WIC Webinars: Nutrition Education

[Click here to register](#)

Of special interest:

Exploring the Hispanic Culture

Exploring the Culture of India

Exploring the Filipino Culture

The Michigan Prison Doula Initiative's Approach to Lactation Support

Great Lakes Breastfeeding Webinars

The Michigan Prison Doula Initiative

<https://register.gotowebinar.com/register/931859625427859799>

Recording duration: 1 hour

Helping Parents Be Pros at Removing and Storing Breastmilk

Great Lakes Breastfeeding Webinars

Keva Williams, CLS

<https://register.gotowebinar.com/register/4389036443997734240>

Recording duration: 1 hour

New IBCLC recertification Criteria and process part 2

Inland Empire Breastfeeding Coalition

Kayellen Young, IBCLC CD (DONA)

[FREE: IBCLC Recertification requirements | iebfc \(breastfeeding.org\)](#)

Recording Duration: 48 Minutes

Questions/Comments?

E-mail: CyrulM@michigan.gov



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